



**THE OFFICIAL CLUB BULLETIN • Volume LXI Number 20 • 29 November 08**

**GUEST OF HONOR & SPEAKER**

**Dra. Micaela Cariño  
Marquez-Defiesta**



*The Philippine Nutrition  
Situation: A Challenge to  
the Filipino Rotarians*

Please turn to Page 4 for our Speaker's Profile

**PROGRAMME**

12:00 M.	Fellowship
12:30 P.M.	Call to Order ..... Pres. Bert Talco
	Invocation ..... RAPP Lou Gesner
	Pambansang Awit..... (Everyone)
	Rotary Hymn ..... (Everyone)
12:40	Entertainment..... RAPP Mina Pearson
12:50	Intro of VR & G..... Dir Cecille Apostol
12:55	Finest Moments ..... PP Veeh Balajo
1:10	Raffle Draw..... Rtn. Angie Visperas
1:15	Members' Time..... (Anyone)
1:25	President's Time..... Pres. Bert Talco
1:35	Intro of GHS ..... Sec./PP Gérard
	Speech..... Dra. Micaela Cariño Marquez-Defiesta
1:50	Open Forum
2:00	Response ..... Treas. Uwe Koeller
2:15	Pilipinas Kong Mahal ..... (Everyone)
	Adjournment..... Pres. Bert Talco

**PP Benny Sunga**  
Program Coordinator

Retrospector Rtn. Herb Meadows

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**NEXT MEETING**

**06 December 08**  
**CLUB SPEAKER**  
**RTN. JOE URSUA**  
*OB Gyne Sonologist,  
The Only One in the North*

**PROGRAMME PARTICIPANTS**

Program Coordinator.....	Rtn. Herb Meadows
Invocation .....	Rtn. Flo Bayquen
Entertainment .....	PP Diony Claridad
Intro of VR & G.....	Rtn. Michel Schwarz
Intro of CS.....	Rtn. Gigi Maranan
Finest Moments .....	PP Angeling Palma
Response.....	Rtn. Libby Fernandez
Retrospector.....	PP Alfred Laygo

**November is Rotary Foundation Month**

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District 3790

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District 3790

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Imager

**Uwe "Uwe" Koeller**  
Imager

**Evangeline "Gigi" Maranan**  
Business Manager

**ROTARY ANNS OF RCB**

**Araceli "Cely" Ladilad**  
Rotary Ann President

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# The President's Corner



## Celebration

Pres. Alberto "Bert" Talco

Rotary Greetings to everyone! Today is Ladies' Day and what a day it is ..with our beautiful Anns milling around gracing our meeting with the touch only they can spell.

Our first out-of-venue meeting last Saturday, 22 November 2008, was truly an enlightening and a relaxing one. Thanks to PP Helmut and RAPP Louise for the breath of fresh air, the trip to the energy world, the toast to the gift of life, the Anns' hearty laughter and the sumptuous meal!

We appreciate the presence of our 25 strong members and Anns who dared to experience the innovative character of the Schlaaff home. PP Johnny, PP Jack, Rtn. Ping, PP Teops, and RAPP Gene de Guia genuinely led the way!

It seems that there is a bigger world outside the four walls of the Wolfson Room we ought to discover...and to explore. You won't believe these places are just Rotarian homes away! We assure the membership that we will have more out-of-venue meetings in the future.

PN Mia and her committee is seriously preparing for the notable Christmas Party. Last Tuesday and Friday, 25 and 28 November 2008, we were invited to have taste test conducted by caterers offering service for our party. With such taste testings going on, we are quite sure not to miss our said party.

Last Wednesday, 26 November 2008, we had our regular Board meeting, as usual, at the residence of Pp Chris. Thanks again to PP Chris and RAPP Maya.

Business for the meeting were the following:

1. TOYA Updates – the scheduled awarding for the TOYA will be on 6 December 2008, Saturday at our regular meeting.
2. Election of Board of Directors – election is scheduled for 6 December 2008.
3. Cluster I-C Centennial Project
4. Registration of Rotaract and Interact Clubs
5. Rotary Foundation contributions
6. Membership
7. Approval of the allotment of Php 80,000.00 for the micro - financing of RCC Luding

It is final! Last Thursday, 27 November 2008, the Hero Presidents of Cluster I-C and their partners in service in the medical profession finally decided to push through with the medical, surgical, dental and optical outreach project in the City of Baguio as their contribution to the centennial celebration of the City. This will be a three day activity slated for 16, 17 and 18 January 2009 thereby coinciding with the arrival of the District Caravan in Baguio. We enjoin the participation of every Rotarian and their partners in service to join this endeavor to make dreams real.

Last Friday, 28 November 2008, the team of DOST computer trainers coordinated by Dir. Ben Ladilad continued the computer literacy training of the teachers of Taloy Elementary School at Taloy, Tuba, Benguet. We are committed to follow up the full use of the computers that Rotary donated through a matching grant.

This Saturday, 29 November 2008, we welcome Dra. Micaela Carino Marquez-Defiesta who will talk to us on the Philippine Nutrition Situation: A Challenge To The Filipino Rotarians. Dr. Micaela is a committee member in the District 3-H Grant project re: feeding program and Spirulina.

At this very afternoon, some of our members, headed by PP Chris Peralta, are on their way to Kayapa, Bakun, Benguet for the a medical and dental mission. Your president will follow after the meeting. The medical mission will be on Sunday, 30 November 2008.

Thought of the week **"Let us be stewards for the next generation - let mother nature be our friend"**

News

## US\$1 Million Gift To Fight Polio Eradication

By **Arnold R. Grahl**  
**Rotary International News -- 17 November 2008**

A 92-year-old Taiwanese Rotarian with more than 40 years service to his club has been honored for his family's donation of more than \$1 million to further Rotary's polio eradication efforts.

Shui-Sen Hsu, a member of the Rotary Club of Taipei Northwest, and his wife, Pei-Tsen, were recognized for their contribution, made by the Hsu Family Foundation, during the 2008 Rotary Institute for RI Zones 4B, 6B, and 7B in Taipei on 18 October.

RI President Dong Kurn Lee and Rotary Foundation Trustee Chair Jonathan B. Majiyagbe presented Hsu and his wife with a crystal piece in recognition of their contribution in support of Rotary's US\$100 Million Challenge during the institute, held 17-19 October and attended by more than 1,100 Rotarians from 16 Rotary countries and geographical areas in Asia.

"Rotary is indeed fortunate to have the Hsu family among its strongest supporters," Lee said after the ceremony. "Mr. Hsu's long service to Rotary exemplifies Service Above Self. Their generous contribution toward Rotary's ongoing efforts to eradicate polio is helping to Make Dreams Real."

Hsu has been a member of Taipei Northwest for 43 years, serving as president in 1974-75. His son, Hung Ming, served as president of the Rotary Club of Taipei Yenping in 1982-83.

Hsu's daughter Jane Hsiao, a pharmaceutical executive in Miami and president of the Hsu Family Foundation, says that as far back as she can remember, her father has been involved in Rotary.

"Every time he comes to visit me in the United States, he is always asking for a place to do a make-up meeting," Hsiao says. "He never misses an available meeting."



From left: RI Director Jackson Hsieh; Past RI Vice President Gary Huang; Trustee Chair Jonathan Majiyagbe; President D.K. Lee; Shui-Sen and Pei-Tsen Hsu, with son Hung Ming Hsu; District Governor Chang-Hsien L. Hsu; and RRCC Jason S.C. Hsu. Below: Shui-Sen and Pei-Tsen Hsu. Photo courtesy of 2008 Rotary Institute

Hsiao, who launched the Hsu Family Foundation two years ago to support advancement in the field of medicine, said the contribution came about after discussions she had with District 3480 Governor Chang-Hsien L. Hsu (no relation), a former classmate of hers. The polio donation seemed a good way to honor her father, Hsiao says.

# Guest of Honor and Speaker's Profile

## Micaela Cariño Marquez-Defiesta

Civil Status : Married  
 Spouse : Floremund S. Defiesta  
 Occupation : Revenue Officer II (BIR)  
 Citizenship : Filipino  
 Date of Birth : 21 November 1959  
 Place of Birth : Manila, Philippines  
 Home Address : #1 Middle Rock Quarry, Lower Lourdes Subdivision Baguio City 2600 Philippines  
 Telephone Number : (074) 619-3859  
 Office Address : National Nutrition Council – CAR, 3F DA Multipurpose Building, Dairy Farm Compound, Sto. Tomas Road, Baguio City  
 Telephone Number : (074) 447-0892  
 Telefax : (074) 444-9874  
 Name of Father : Conrado F. Marquez  
 Occupation : Minister, Retired (Lutheran Church in the Philippines)  
 Name of Mother : Elvira G. Cariño  
 Occupation : Businesswoman  
 Children  
     Bryan Justin M. Defiesta           19  
     Ian Gabriel M. Defiesta           16  
 Language/Dialect : English, Filipino, Ilocano, Kankanaey  
 Present Position : Regional Head/Nutrition Program Coordinator, National Nutrition Council – CAR

### Responsibilities

- Provide the direction and administer economical and efficient coordination, monitoring and evaluation of the nutrition program in the region.
- Lead in the promotion of nutrition advocacy.
- Resource generation and mobilization.
- Implementation of the nutrition program.

### Technical Expertise:

- Systems planning for food and nutrition at macro, regional and area level.
- Project centralization, development, management and appraisal.
- Design and integration of nutrition consideration in sectoral and rural development programs/project.
- Occupational Medicine and Family Medicine as medical specialty and practice.

### Private Medical Practice:

- Consultant, Department of Occupational and Industrial Medicine, Notre Dame de Chartres Hospital, Baguio City

### Civil Service/Board Examination:

- R.A. 1080, Civil Service Commission, 1988
- Medical Board, Philippine Regulation Commission, 1988

### Academic Preparation:

- Fellow (2006), Philippine College of Occupational Medicine
- Certified Family Physician (1997), Philippine Academy of Family Physicians (Obtained through the Continuous Medical Education Pathway)
- Masters of Professional Studies in Food and Nutrition Planning (1994-1995), University of the Philippines at Los Baños (Obtained through Fellowship awarded by the Netherlands Foundation for International Cooperation administered by the Regional Training Programme on Food and Nutrition Planning, (Graduated with Distinction)
- Doctor of Medicine (1982-1986), Saint Louis University (Obtained through the In-Country-Scholarship Programme of the Lutheran World Federation, Geneva, Switzerland).
- Post Graduate Internship (1987) Baguio General Hospital and Medical Center
- Bachelor of Science in Biology (1978-1981), Saint Louis University

### Awards Received:

- Gantimpala Agad Awardee under the Mamamayan Muna Program, Civil Service Commission-CAR, Baguio City, 28 July 2008
- Outstanding Woman Awardee (Medicine/Public Service), Kababaihan Festival 2007, Baguio City, March 8, 2007
- 2<sup>nd</sup> Place, The 1<sup>st</sup> Regional Research paper Presentation, Philippine Medical Women's Association, 56<sup>th</sup> Annual Convention, Manila Hotel, Philippines, 11 November 2005,
- PMA Award for Nutrition Activities, Philippine Medical Association, 24 May 2001
- Model Youth Award, Lutheran Church in the Philippines, November 1984
- Model Student of the Year, Childrens' Museum and

Library, Incorporated, March 1976

#### **Scholastic and Scholarship Awards Received:**

- Fellow, Netherlands Universities Foundation for International Cooperation-International Course in Food and Nutrition, University of the Philippines, Los Baños, 1994-1995
- In-Country Scholarship Awardee for Medicine, Lutheran World Federation, Geneva, Switzerland at Saint Louis University, 1983-1986

#### **Previous Positions:**

- Medical Missionary, Kalagan Lutheran Mission, Lumabat, South Cotabato, 1988
- Medical Officer IV, DECS Division of City Schools Baguio, 1989-1997
- OIC-Regional Medical Supervisor-Concurrent, School Health and Nutrition Division, DECS-RO-CAR, 1993-1994
- Medical Officer IV, Baguio Health Department, 1997-1999

#### **Current Assignment/Designation:**

Internal to NNC:  
Nutrition Program Coordinator (Regional Head)  
National Nutrition Council – CAR, 1999 to present

Interagency external to NNC in various capacities:

1. Regional Population Management Council
2. Regional Council for the Welfare of Children
3. Social Development Committee – Regional Development Council
4. Regional Nutrition Council
5. Department of Health- Regional Interagency Action Committee
6. Cordillera Association of Regional Executives
7. Regional Interagency Committee for Older Persons
8. Regional *Kapit Bisig Laban sa Kahirapan (KALAH)* Core Group

#### **Membership in Related Associations:**

- Phil. Medical Association (PMA)  
*Life Member*
- Baguio-Benguet Medical Society (BBMS)  
*Member*
- Phil. Academy of Family Physician (PAFP) PAFP-Baguio Benguet Chapter

*Certified Family Physician*

*Board of Director  
(different positions)  
1993-present*

- Phil. College of Occupational Medicine  
*PCOM-Baguio Benguet Chapter  
Associate Member  
Board of Director (different positions)  
1997-present*

- Phil. Medical Women's Association  
*PMWA-Baguio Benguet Chapter  
Member*

*Board of Director  
1997-1998*

- Community Pediatrics Society of the Phil.  
*Member*

- International Society for Infectious Disease (ISID)  
*Member*

- UPLB Alumni Association  
*Baguio- Benguet Chapter Member  
Treasurer 1997-2003*

*Vice President 2003-present*

- Food and Nutrition Development Advocates, Inc.  
*Member*

*Auditor  
2003-present*

- Young Women Christian Association- BLIST Chapter  
*Member*

*2000-present*

- Phil. Military Academy Foster-Parents Association  
*Member/Fosterparents*

- Soroptimist International  
*SI HOPE of Baguio Chapter*

*Member  
Board of Director 2004 - present*

*Phil. Society of Nutritionist-Dietitians*

*Member  
2001 - present*

- Cordillera Association of Regional Executives  
*Member*

*Asst. Secretary/ Secretary  
2002-2003; 2005-2007*

*Business Manager  
2007-present*

Attended over 100 national and international workshops, conferences fora and conventions as paper presenter, panelist, resource person, technical adviser, reactor and participant.

#### **Hobbies:**

- Crocheting, Knitting, Sewing, Embroidery, Jewelry Design
- Cooking Reading – short stories, novels, anecdotes, etc.



## In Retrospect

### The Meeting That Was 22 November

Dir. Ike Dulnoan



**PP** Helmut Schlaaff offered his home for our “out of venue” meeting place last 22 November 2008. As Club Speaker, he wanted the members to have an actual view of his energy saving devices which were his subject matter for the day. The energy saving devices were designed for household convenience and

were suitably installed in the residence of PP Helmut. There was no better place to exhibit these equipments than in his house. The Rotarians were toured around the house where they could readily see the equipments mounted in their proper location in the house; where the maximum amount of energy is received and used at the lowest cost. These are rain water cleaner, solar cooker, solar heating panels, a disk antenna converted to solar heat collector, solar water heater, and the like, etc. He impressed everyone with his minuscule version of a planetary home.

PP Helmut had the best reason in the world to insist that the meeting of the Rotary Club be held in his house. Today is the birthday of RAPP Louise Schlaaff. The meeting was appetizingly highlighted with a sumptuous lunch and charmingly graced with the joy and delight of the birthday celebrant. Happy Birthday RAPP Louise!

The meeting was promptly called to order by Pres. Bert Talco. Rtn. Emil Dayrit immediately took over as Program Coordinator and called on Rtn. Libby Fernandez who gave us insight on life as being a balance between duty and bliss; that we must offer our life’s best to the Lord and never forget to celebrate anything we can think of. The reading was very appropriate for the occasion indeed.

Pambansang Awit and the Rotary Hymn were sung.

Rtn. Chris Faenar had the urge to tease the past presidents and so he fined all of them simply for being present and being past president. This added ₱1,850.00 to our coffers.

As usual Rtn. Angie Visperas officiated in the raffle draw which netted ₱2,600.00.

The Club Speaker introduced by Rtn. Naas Demyttenaere, talked about renewable energy. He is truly a master of his profession and rendered his extemporaneous speech flawlessly. His talk concerned three topics: **Solar Energy, Water Conservation, and Bio-fuel**. He expressed that energy can be transformed from kinetic to mechanical; mechanical to heat energy in the same way solar energy can be harnessed to produce mechanical energy. It is in the process of transformation that we can find ways of saving energy. The speaker claimed that the oldest profession is electrical engineering because our Lord God’s first words were “Let there be light and there was light” and so too was the electrician born. He delivered his address too well that nobody asked questions except witty comments just to enliven the occasion. As he said “there can be no foolish questions, only foolish answers.”

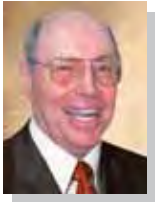
PP Chris Peralta gave the response to the club speaker’s very informative talk.

After singing the Pilipinas Kong Mahal by the body, the meeting was adjourned at 2:43 P.M.



# Scenes We Like To See

## Images from Last Week's Meeting 22 November 2008



Images by  
PP/Sec. Gérard Audineau



Captions by  
Rtn. Libby Fernandez



Solar water heat giving 64° Celsius,  
one of PP Helmut's inventions.



Solar Cooker - A result of PP Helmut's  
passion for energy and food.



Not a renewal of vows actually - it is  
RAPP Louise's great birthday party!



Yes Pam - just a great way of enjoying  
an out of venue meeting...



...great food, great drinks, great day,  
great ladies and great men!



Listen up ladies and gentlemen - I know not  
of the so called "Utility Bills"



Pres. Bert thanking PP Helmut for introducing  
us to his first love - the flaming sun!

## Feature

# Spirulina (dietary supplement)

## Scientific classification

Domain: Bacteria

Phylum: Cyanobacteriaaassis = Chroobacteria

Order: Oscillatoriales

Family: Phormidiaceae

Genus: Arthrospira

Species

About 35.

- Arthrospira maxima
- Arthrospira platensis

**Spirulina** is the common name for human and animal food supplements produced primarily from two species of cyanobacteria (also known as blue-green algae): *Arthrospira platensis*, and *Arthrospira maxima*. These and other *Arthrospira* species were once classified in the genus *Spirulina*. There is now agreement that they are distinct genera, and that the food species belong to *Arthrospira*; nonetheless, the older term *Spirulina* remains the popular name. *Spirulina* is cultivated around the world, and is used as a human dietary supplement as well as a whole food and is available in tablet, flake, and powder form. It is also used as a feed supplement in the aquaculture, aquarium, and poultry industries.

## Biology

*Spirulina* are free-floating filamentous cyanobacteria characterized by cylindrical, multicellular trichomes in an open left-hand helix. *Spirulina* occurs naturally in tropical and subtropical lakes with high pH and high concentrations of carbonate and bicarbonate. *A. platensis* occurs in Africa, Asia and South America, whereas *A. maxima* is confined to Central America.

## History



An illustration from the Florentine Codex showing how the Aztecs harvested *Spirulina* off lakes by skimming the surface with ropes and then drying the algae into square cakes that would be eaten as a nourishing condiment. *Spirulina* is believed to have been a food source for the Aztecs and other Mesoamericans until the 16th-century; its harvesting from Lake Texcoco and subsequent sale

as cakes is described by one of Cortés' soldiers. The Aztecs called it Tecuitlatl, meaning stone's excrement. *Spirulina* was found in abundance at the lake by French researchers in the 1960s, but there is no reference to its use there as a daily



food source after the 16th century. The first large-scale *Spirulina* production plant, run by Sosa Texcoco, was established there in the early 1970s.

Leo Szilard postulated the development of algae-based food supplements (which he called "Amruss") in his 1961 short story, *The Voice of the Dolphins*.

*Spirulina* may have an even longer history in Chad, as far back as the 9th century Kanem Empire. It is still in daily use today, dried into cakes called Dihé, which are used to make broths for meals, and also sold in markets. The *Spirulina* is harvested from small lakes and ponds around Lake Chad.

## Cultivation

Most cultivated *spirulina* is produced in open-channel raceway ponds, with paddle-wheels used to agitate the water. The largest commercial producers of *spirulina* are located in the United States, Thailand, India, Taiwan, China, Pakistan and Myanmar (i.e. Burma).

## Nutrients and other chemicals

### Protein

*Spirulina* contains an unusually high amount of protein, between 55% and 77% by dry weight, depending upon the source. It is a complete protein, containing all essential amino acids, though with reduced amounts of methionine, cysteine, and lysine when compared to the proteins of meat, eggs, and milk. It is, however, superior to typical plant protein, such as that from legumes.

### Essential fatty acids

*Spirulina* is rich in gamma-linolenic acid (GLA), and also provides alpha-linolenic acid (ALA), linoleic acid (LA), stearidonic acid (SDA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and arachidonic acid (AA).

### Vitamins

*Spirulina* contains vitamin B1 (thiamine), B2 (riboflavin), B3 (nicotinamide), B6 (pyridoxine), B9 (folic acid), vitamin C, vitamin D, and vitamin E. The bioavailability of vitamin B12 in *Spirulina* is in dispute. Several biological assays have been used to test for the presence of vitamin B12. The most popular is the US Pharmacopeia method using the *Lactobacillus leichmannii* assay. Studies using this method have



shown Spirulina to be a minimal source of bioavailable vitamin B12. However, this assay does not differentiate between true B12 (cobalamin) and similar compounds (corrinoids) that cannot be used in human metabolism. Cyanotech, a grower of spirulina, claims to have done a more recent assay, which has shown Spirulina to be a significant source of cobalamin. However the assay is not published for scientific review and so the existence of this assay is in doubt. The American Dietetic Association and Dietitians of Canada in their position paper on vegetarian diets state that spirulina can not be counted on as a reliable source of active vitamin B12. Tests done on Australian grown spirulina by the Australian Government Analytical Laboratory (AGAL) show Vitamin B12 (cobalamin) levels of 659.1ug / per100g. A one gram tablet could provide more than three times the recommended daily intake of B12.

### Minerals

Spirulina is a rich source of potassium, and also contains calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium, and zinc.

### Photosynthetic pigments

Spirulina contains many pigments including chlorophyll-a, xanthophyll, beta-carotene, echinenone, myxoxanthophyll, zeaxanthin, canthaxanthin, diatoxanthin, 3'-hydroxyechinenone, beta-cryptoxanthin, oscillaxanthin, plus the phycobiliproteins c-phycoyanin and allophycocyanin.

### Evidence of health and healing effects

Despite existing research supporting Spirulina's health and healing properties, detractors claim that these are frequently overstated by Spirulina advocates. Conversely, Spirulina advocates have accused health food detractors of dismissing all such claims without acknowledging this research. Two online publications exemplify these opposing positions, respectively: Wellness Letter on Blue Green Algae, and Superfoods For Optimum Health: Chlorella and Spirulina. Many positive claims are based on research done on individual nutrients that Spirulina contains, such as GLA, various antioxidants, etc., rather than on direct research using Spirulina. What follows is research on the health and healing effects of Spirulina. In vitro research (e.g., studying cells in a petri dish) may suggest the possibility of similar results in humans but, due to the drastically different conditions of the research, provides only hints at the potential for human effects. Animal research can also provide evidence of potential human effects. Human research focuses on actual effects in humans - however, the validity and reliability of the research depends on the design of the study. The strongest evidence comes from well designed and controlled clinical trials, which are one type of human research study. Also available on the market is a wild blue green algae ("Aphanizomenon flos-aquae"),

which is usually referred to as the preferred choice when compared with Spirulina due to potential health issues; as described on: Comparison between Blue Green Algae and Spirulina.

### In vitro research

Spirulina extract inhibits HIV replication in human T-cells, peripheral blood mononuclear cells (PBMC), and Langerhans cells.

### Animal research

Spirulina helps prevent heart damage caused by chemotherapy using Doxorubicin, without interfering with its anti-tumor activity. Spirulina reduces the severity of strokes and improves recovery of movement after a stroke; reverses age-related declines in memory and learning; and prevents and treats hay fever.

### Human Research

Spirulina is effective for the clinical improvement of melanosis and keratosis due to chronic arsenic poisoning; improves weight-gain and corrects anemia in both HIV-infected and HIV-negative undernourished children; and protects against hay fever.

A 2007 study found that 36 volunteers taking 4.5 grams of spirulina per day, over a six week period, exhibited significant changes in cholesterol and blood pressure: (1) lowered total cholesterol; (2) increased HDL cholesterol; (3) lowered triglycerides; and (4) lowered systolic and diastolic blood pressure. However, as this study did not contain a control group, researchers cannot be confident that the changes observed are due totally - or even partially - to the effects of the Spirulina Maxima as opposed to other confounding variables (i.e., history effects, maturation effects, demand characteristics).

The American National Aeronautical and Space Agency scientists found that 1 kg of spirulina is nutritionally equal to 1000 kg of assorted vegetables. World Health Organisation has hailed spirulina as 'The greatest superfood on earth'.

### Advocates

The United Nations World Food Conference in 1974 lauded Spirulina as the 'best food for the future'. Recognising the inherent potential of Spirulina in the sustainable development agenda, several Member States of the United Nations came together to form an intergovernmental organization by the name of the Intergovernmental Institution for the Use of Microalgae Spirulina Against Malnutrition. IIM SAM aspires to build a consensus to make Spirulina a key driver to eradicate malnutrition, achieve food security and bridge the health divide throughout the world.

Spirulina has been proposed by both NASA (CELSS) and the European Space Agency (MELISSA) as one of the primary foods to be cultivated during long-term space missions.



**OBJECT OF ROTARY**

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

**FIRST.**

The development of acquaintance as an opportunity for service.

**SECOND.**

High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

**THIRD.**

The application of the ideal of service in each Rotarian's personal, business, and community life;

**FOURTH.**

The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

**FOUR-WAY TEST OF ROTARY**

Of all the things we think, say or do:

- 1** Is it the TRUTH?
- 2** Is it FAIR to all concerned?
- 3** Will it build GOODWILL and BETTER FRIENDSHIPS?
- 4** Will it be BENEFICIAL to all concerned?

**Secretary's Notes**



**Gérard's Update for 29 November 08**

Sec./PP Gérard Audineau

**BIRTHDAY & ANNIVERSARY**

**SPECIAL BIRTHDAY**

**GREETINGS TO**

**RA Tita Schwarz** : 27 November

**Rtn. Gigi Maranan** : 30 November

**PP Johnny Zarate**: 03 December

**SPECIAL WEDDING**

**ANNIVERSARY GREETINGS**

**TO**

**Dir. Ben & RA Pres. Cely Ladilad:**

29 November

**FOR THE RECORD**

**22 November 08**

**REGULAR MEETING**

Rotakids

Paul Schlaaff

Margot Schlaaff

Guest

Rudy Arnold: *Guest of Rtn. Joe Ramos*

**We missed you last 22 November**

**2008:**

Dir. Cecille Apostol (*mu*), PP Veeh Balajo (*mu*), Rtn. Joey Bugayong (*mu*), PP Ben Cid (*exc*), Rtn. Herb Hayes (*mu*), Rtn. Gigi Maranan (*mu*), PP Roger Naz (*mu*), PP Benny Sunga, Rtn. David Rees (*mu*), Rtn. Joe Ursua (*mu*), PP Doming Valencia (*exc*), Dir. Dhory Vicencio (*sl*), PP Linda Winter (*mu*).

**ON LEAVE**

Rtn. Jody Alabanza (*exc*), VP Marilyn Barredo (*mu*).

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Jack's Restaurant, La Trinidad

RC METRO BAGUIO

Tuesday 7 PM

Baguio Country Club

RCB SUNRISE

Wednesday 8.30 AM

Baguio Country Club

RCB NORTH

Wednesday 7.00 PM

Hotel Supreme, Baguio

RC SUMMER CAPITAL

Wednesday 7.00 PM

Cooyeesan Plaza, Baguio

RCB SOUTH

Friday 7.00 PM

Baguio Country Club

RC DOWNTOWN SESSION

Friday 7.00 PM

Kalapaw Restaurant, Military Cut-Off

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Thank you for honoring us with your presence

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**Gerard Audineau**  
*RCB Secretary*

**Rotary Club of:** \_\_\_\_\_

**Bert Talco**  
*RCB President*

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